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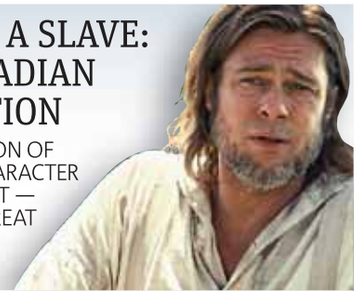
12 YEARS A SLAVE: THE CANADIAN CONNECTION

REAL-LIFE VERSION OF BRAD PITT'S CHARACTER DID SOME GREAT — AND NOT-SO-GREAT — THINGS BACK IN 1800S PAGE 15



Emergency! Danimal down

In which Shannon reluctantly saves the day while belittling a man's pain PAGE 13

Ex-prez may face treason charge, death

Pakistani government moves to try Musharraf for suspending constitution while in power PAGE 8

Raps endure onslaught of three-pointers

Tremendous rally in fourth not enough to save Toronto as they fall to Portland Trail Blazers 118-110 PAGE 30

NEWS WORTH SHARING.

With little love at home, Ford calls out to U.S.

Media blitz. Strategists say Ford is looking for an alternative to local press — and that it won't fly

Mayor Rob Ford is taking his defiant promise to stay in office to international media, a strategy experts say could backfire.

"In media strategy terms, it's a bit of a Hail Mary pass," said Daniel Tisch, the president of public relations firm Argyle Communications.

"He can't get his core messages across to his constituents in Toronto through the local media, and so this gives him an end-run around them," said Andrew Laing, the president of media analysis firm Cormex Research.

Laing said Ford's strategy of speaking to American networks risks prolonging Toronto's time in the international media spotlight with a negative story.

Ford appeared on Fox News Sunday afternoon, saying he was getting professional help and wanted to run for prime minister one day.

"I suspect that the mayor believes Fox News would be sympathetic," said Alex Sévigny, the director of professional communication programs at McMaster University.

"The problem is, in the United States he's nothing but a sideshow."

Sévigny said that even Fox was not particularly friendly to Ford — the segment ends with the anchor remarking that "people like to take pictures of train wrecks."

Ford will also appear on CNN Monday night.

If the mayor wants to rehabilitate his image with supporters at home, he needs to show voters that he's turned a corner, strategists suggest.

"What strikes me the most is instead of being remorseful or repentant, he's rebellious," Tisch said. TORSTAR NEWS SERVICE

Tough one

"Rob Ford has become a tabloid celebrity. Do we want a tabloid celebrity for mayor?"

Daniel Tisch, president of Argyle Communications

ABOUT THAT SPANKING...

Overjoyed Tiger-Cats fans celebrate and flash their signs after Hamilton clawed the Argonauts 36-24 to win the East Division final in Toronto on Sunday. See story, page 29. CHRIS YOUNG/THE CANADIAN PRESS

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T.O.-Austin musical alliance runs deeper than Rob Ford

Can't stop the music. Mayor's misadventures not any of Austin's business, says city's entertainment manager

Just six weeks ago, Toronto Mayor Rob Ford and Austin Mayor Lee Leffingwell were holding a photo-op and touting their new music city alliance.

The agreement was two years in the making with the goal to encourage music-related trade, tourism and cross-cultural exchange between the cities.

Then the bombshells began dropping, from Ford's admission of crack use to driving while under the influence of alcohol to his vulgar language, when referring to allegations he sexually harassed a staffer.

Music Canada spokeswoman Amy Terrill said Austin officials have been getting media calls, questioning the alliance with Toronto. That prompted Toronto city councillors to scramble to send reassurances to their counterparts last Friday.

"The spotlight has been on Toronto in the last couple of weeks," said Terrill. "The alliance is about more than two mayors. Yes, there was an official signing by two mayors.

"But the alliance is city to city, council to council, industry to industry, artist to artist — it's that deep," she said. "It's about more than one person."

Councillor Michael Thompson, who chairs the economic development committee, fired off a letter on Friday to Mayor Leffingwell.

"Since they got the letter, things have simmered down a bit," Thompson said in a telephone interview.

Don Pitts, manager of Austin's music and entertainment division, noted that the alliance has been supported with unanimous votes of both city councils earlier this year.

"The alliance's public-private partnership structure is broad by design and its success or failure will transcend any particular private company or office of government," Pitts said in an email.

"The unfortunate issues surrounding Toronto's mayor is none of our business here in Austin." TORSTAR NEWS SERVICE

A non-worrisome problem

Renato Discenza, president and CEO of Invest Toronto, which is tasked with luring business to the city, says he's been getting curious questions about Mayor Ford.

- "To be honest, up until a week ago, I would have said it was more curiosity than concern," he said. "It's been more than a few news cycles, so it's a problem."
- Discenza says he's not worried, saying Toronto is dealing with sophisticated businesses that understand the governance issues at city hall. However, he concedes the mayor's situation is certainly a distraction.

Mayor Rob Ford poses at the Austin City Limits music festival with Invest Toronto chief executive Renato Discenza, Music Canada executive Amy Terrill, Coun. Michael Thompson, Coun.Gary Crawford and Coun. Josh Colle on Oct. 4. DANIEL DALE/TORSTAR NEWS SERVICE

Norm Kelly poised to control city hall

Deputy Mayor Norm Kelly could assume some of the powers of mayor. RICHARD LAUTENS/TORSTAR NEWS SERVICE

In the world of Toronto politics, Norm Kelly is something of an elder statesman who long ago had mayoralty aspirations.

On Monday, the 72-year-old veteran councillor is set to become Toronto's most powerful politician, though his expanded role at city hall doesn't come with a new job title. Kelly will remain deputy mayor, but could assume some of the powers of a mayor.

On Friday, council took the first two steps toward stripping scandal-plagued Mayor Rob Ford of some of his powers, removing his right to appoint and fire committee chairs and denying him the ability to govern the city unilaterally in the event of an emergency.

Council is expected to remove more of Ford's control Monday when it transfers all of his non-statutory powers to Kelly. The move would make Kelly chair of the powerful executive committee and put control over the mayor's office budget into his hands.

The prospect of Ford's lawyers getting an injunction to thwart the move might yet bar the way. Unless that occurs, council is likely to leave Ford the mayor in title only, a figurehead who would only represent the city at official functions.

Ford appointed Kelly as deputy mayor last summer, a replacement for then-councillor Doug Holyday who was elected MPP for Etobicoke-Lakeshore. TORSTAR NEWS SERVICE

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Carding by cops drops sharply after Blair order

Law and order. After being told they had to issue receipts, officers greatly reduced their street checks

A move by the Toronto police board to make officers more accountable for who they stop and card has led to a sharp decrease in street checks.

After officers were told by Police Chief Bill Blair in July that they had to issue receipts for the carding interaction, they basically stopped carding altogether.

Carding went down more than 75 per cent after July, says a source who asked not to be named, and in October Blair told the board he was cancelling the receipts.

A series of Torstar News Service investigations have shown the interactions disproportionately affect people with black and brown skin.

Police say contact cards are an invaluable investigative tool.

When asked recently by a reporter for an example of how, Deputy Police Chief Peter Sloly said contact cards play a role in virtually all gun and gang arrests and provided a link in solving the 1994 Just Desserts murder of Georgina "ViVi" Lemonis. More recently, a physical feature recorded on a "208" contact card during a traffic stop led police to accused murderer Dellen Millard.

A police union official says officers stopped carding because they felt the receipts, which have information on the back about the complaint process, were an open invitation for people to protest.

TORSTAR NEWS SERVICE

Quoted

"My opinion is those cards are an investigative tool. They should not be used for tracking police officers."

Mike McCormack, TPA president

Get ready for the teddy!

Clowns throw teddy bears into the crowd during the 109th annual Santa Claus Parade on Sunday. Thousands cheered and shouted out gift requests to Santa while colourful floats made their way from Christie Pits down to St. Lawrence Market.

BERNARD WEIL/TORSTAR NEWS SERVICE

European film festival gets rolling

Iacovos Giragosian, left, consul general of the Republic of Cyprus, Executive Director Jeremie Abessira and Arne Nordtorp, honorary consul general of Denmark, at the European Union Film Festival that opened this weekend and runs until Nov. 27. EUFF is the only festival in North America to showcase the best in European Cinema from all 28-member countries. CONTRIBUTED

Rogue dentist arrested in T.O.

A man wanted for illegally practising dentistry in British Columbia has been arrested — here in Toronto.

The 62-year-old B.C. man accused of being the "bedroom dentist" turned himself in to Scarborough's 42 Division headquarters around 3 p.m. Saturday.

On Oct. 15, David Wu, who was absent from his Vancouver hearing, was sentenced in absentia to three months in jail for contempt of court. The court has also ordered Wu to repay certain costs, such as the money spent to investigate his practices by the dental college.

Staff Sgt. Paul MacIntyre explained that Wu has been wanted by B.C. officials since August, when the warrant for his arrest was first issued.

Wu had been accused of illegally practising dentistry in B.C., leading the College of Dental Surgeons of British Columbia to go so far as to put out a notice stating Wu's lack of qualifications.

"It looks like he fled to Toronto soon after the warrant was issued. Perhaps before — he came here in early August," said MacIntyre.

Since arriving in Toronto, Wu had been renting an apartment somewhere in Scarborough. MacIntyre explained that Wu was not entirely sure of the address, although he had reason to believe it was in the Scarborough area.

Police were unaware that he had been hiding in Toronto.

"Whether he was tired of running or he was running out of money … he decided to walk in and present himself to 42 Division," MacIntyre added. "He's, I guess, a big thing out in B.C."

Toronto police have not laid any charges, as there are no indications that he has practised dentistry here.

Wu is scheduled to appear in court Monday, at which time it will be determined where he will serve his sentence. "He will either serve his time here or he'll be shipped back to B.C."

TORSTAR NEWS SERVICE

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Feds late in reviewing whistleblower law

Sylvie Therrien near her B.C. home on Friday. DARRYL DYCK/THE CANADIAN PRESS

The Public Servants Disclosure Protection Act. It's supposed to be re-examined every five years, but the gov't is long-late in doing so

Sylvie Therrien now lives at a friend's house because she can't afford to pay rent after being fired from the federal public service.

Therrien was sacked for revealing there are quotas — $35,000 to $40,000 in clawed-back benefits each month — imposed on every public servant investigating on employment insurance fraud.

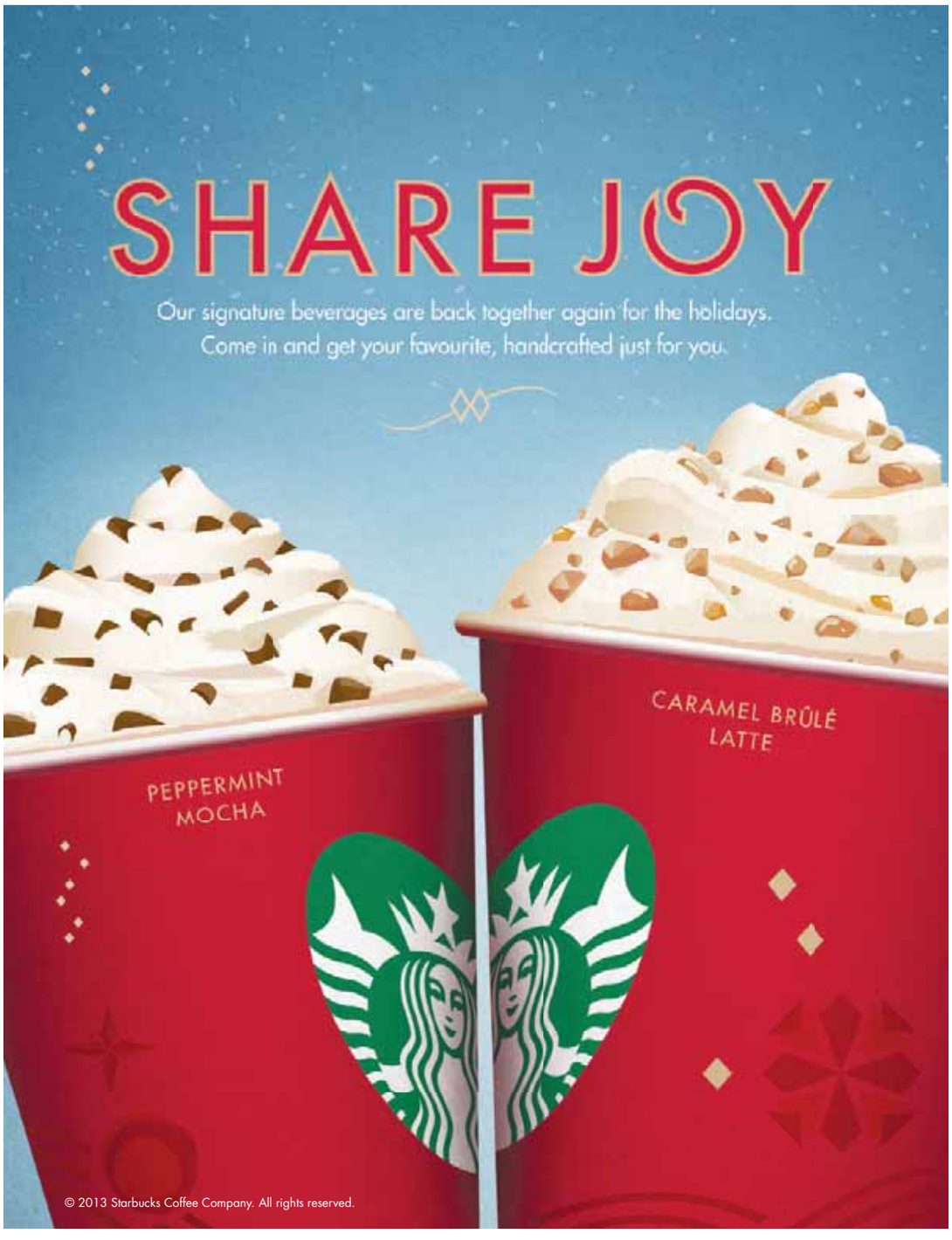
Therrien said she had no other choice but to turn to the media after she tried to raise the issue internally and was rebuffed.

She says the law designed to protect her, as a whistleblower, should have meant congratulations, if not money. But Therrien never had faith in that law, she said.

Canada's whistleblower law, enacted by Prime Minister Harper's government in 2007, has done nothing to help people, critics say.

And the law, which is supposed to be re-examined every five years, is well past the due date for a review, the federal integrity commissioner Mario Dion says. Allan Cutler, a whistleblower during the sponsorship scandal, said the law has done nothing to help.

THE CANADIAN PRESS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Sex charges. Ex-priest allowed to leave Canada before trial: Official

A former priest who this week is to face 76 sex charges involving Inuit children may have been tried years ago but for a quiet nod from Canada that allowed him to leave the country, says a church leader. Georges Vervust is the top official with the Belgian Oblates, an order of Catholic priests that sent Eric Dejaeger to several communities in what is now Nunavut.

Vervust sheds light on questions that have troubled Dejaeger's alleged victims for nearly a decade: How was a man facing child abuse charges allowed to leave the country days before his trial? And why did it take so long for him to be returned?

"What I have heard is that he got advice from people from the Justice Department, off the record, that he should leave," Vervust said in a Belgian documentary. Dejaeger's trial, beginning Monday, includes allegations from Feb. 19, 1995, when he was originally charged with three counts of indecent assault and three counts of buggery, a charge no longer in the Criminal Code. They relate to his time as a priest in the community of Igloolik between 1978 and 1982.

Disgraced priest Eric Dejaeger is shown in an undated Interpol photo. HO-INTERPOL/THE CANADIAN PRESS

Dejaeger has pleaded not guilty and will be tried by judge alone. There was no preliminary hearing in the case, as the accused waived his right to one.

The disgraced priest was able to live quietly in Oblate communities in France and Belgium until he was returned in early 2011.

THE CANADIAN PRESS

Declassified

Mulroney cabinet documents reveal struggle with abortion law

Recently declassified federal cabinet documents show Canada could have been a very different place for women seeking abortions and the doctors who provide them if then prime minister Brian Mulroney had bent to the wishes of some cabinet heavyweights.

The minutes of cabinet meetings, sealed for 20 years and obtained under the Access to Information Act, open a window on the tensions between ministers who wanted abortion outlawed — indeed punishable by up to 10 years in prison for those who performed the procedure — and those who wanted a far greater latitude on a woman's right to choose.

It was the Senate in 1991 that killed the best compromise Parliament could come up with, resulting in the legal vacuum most Canadians have by now accepted. THE CANADIAN PRESS

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Perks. Federal workers rewarded with more than $100K of gifts each year

Hockey tickets, camcorders, iPods, spa visits — even a gift card to the liquor store.

This is some of the half-million dollars of booty that one federal department handed out to favoured workers in the last five years.

The Treasury Board Secretariat, with about 1,900 employees, now spends well over $100,000 each year on rewards for staff.

The annual value has quadrupled since 2006, when the Conservative government first came to power.

The value hit a peak of $135,000 in 2011, the year the Conservative government began cutting staff and programs to wipe out the federal deficit by 2015.

Treasury Board President Tony Clement has recently criticized the benefits available to public servants, and publicly vowed to trim them, putting him at odds with unions.

But internal documents show his department has been ever more generous with its so-called Instant Awards program, sometimes handing out goods and services worth as much as $500 a pop. THE CANADIAN PRESS

Dozens injured

Tornadoes sweep across Midwest, killing at least 5

Dozens of tornadoes and intense thunderstorms swept across the Midwest on Sunday, unleashing powerful winds that flattened entire neighbourhoods, flipping over cars, uprooting trees and leaving at least five people dead.

Illinois took the brunt of the fury as the string of unusually powerful late-season tornadoes tore across the state, injuring dozens. THE ASSOCIATED PRESS

Pakistan planning to try ex-president for treason

Pakistan's former president Pervez Musharraf, centre, leaves after appearing in court in Rawalpindi, Pakistan, in April. Pakistan's government plans to put Musharraf on trial for treason for suspending the constitution while in power. ANJUM NAVEED/THE ASSOCIATED PRESS FILE

Musharraf. Former leader could face death penalty if convicted for suspending constitution while in power

Pakistan's government plans to put former president Pervez Musharraf on trial for treason for declaring a state of emergency and suspending the constitution while in power, the interior minister said Sunday.

Musharraf, a former army chief, would be the first military ruler tried for treason in a country that has experienced three military coups in its 66-year history. He could face the death penalty or life in prison if he is convicted, but some question whether the country's powerful army actually will let that happen. Musharraf has maintained his innocence.

The government plans to send a letter to the Supreme Court on Monday asking that treason proceedings begin under Article 6 of the constitution, Interior Minister Chaudhry Nisar Ali Khan said during a news conference. The government made its decision after an investigating committee formed under the direction of the Supreme Court collected enough evidence for a trial, Khan said.

He insisted the government's decision to put the former president on trial was not a personal vendetta by Prime Minister Nawaz Sharif, who was toppled in a military coup by Musharraf in 1999.

THE ASSOCIATED PRESS

Charges

"The constitution was ruined and violated. The judiciary was humiliated."

Pakistan Interior Minister Chaudhry Nisar Ali Khan

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Quebec. Snack-maker won't back down from native boy logo in holiday campaign

A Quebec snack-maker won't back down from plans to re-introduce a popular old logo of a cartoon aboriginal boy in a loincloth and feathered hat.

Krispy Kernels snack foods drew some criticism for a holiday marketing campaign featuring the old logo that hasn't been on the market for more than 20 years.

Its chip-package logo was well known for decades in Quebec, where the company is based.

It first appeared when the company was founded in 1959 and disappeared in 1990 during the Oka Crisis. THE CANADIAN PRESS

Vintage bags of Yum Yum potato chips featuring their aboriginal boy logo. RYAN REMIORZ/THE CANADIAN PRESS

Saturday Night Live

NBC show mocks Rob Ford in opening sketch

Saturday Night Live has joined its late night TV brethren in claiming a stake in the Rob Ford comedy gold mine, lampooning Toronto's mayor.

SNL opened with Bobby Moynihan portraying Ford in a skit that parodied his repeated public apologies for such things as smoking crack, buying drugs, driving after drinking and using vulgar language. Ford was again targeted on their Weekend Update. THE ASSOCIATED PRESS

Western studies porn's effect on relationships

Sexual health study. A special appeal is being made for people who don't use porn but have a romantic partner who does

MIKE DONACHIE
Metro in London, Ont.

Do you watch pornography? Shy? Won't admit it?

That's the problem, say Western University researchers in London, Ont. Lots of people use porn but too few people admit it.

So they have made an unusual appeal. They want people to talk frankly — but anonymously — about their porn preferences to help a historic study into its effect on relationships.

Taylor Kohut, a research assistant at Western. MIKE DONACHIE/METRO LONDON

"We know that a lot of people are consuming pornography, both men and women," said Taylor Kohut, research assistant in the department of psychology. "We've known this for quite some time, although specific numbers are hard to pin down.

"We know that some people think this is affecting their relationships in different ways. What we don't know is why or how."

There has been research into porn and sexual behaviour for more than 40 years, said Kohut, but no definitive study during the Internet age.

The work at Western, led by professors Dr. William Fisher and Dr. Lorne Campbell, will be a first for the study of sexual health. It's been awarded a government grant of $144,570.

An online questionnaire asks what people are looking at, whether they do it alone or with a partner, and how they think it affects their relationship.

Here's how to get involved

Can you take part in the Western University research into pornography? Absolutely! Here's how:

- The study itself can be found at goo.gl/duuwmW
- For more information about the research, go to smartla5.wix.com/smartlab or facebook.com/smartlabwesternu.

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Municipalities pooh-poohing ‘flushable’ wipes

Sanitation.
Wipes marked as flushable wreak havoc on sewer systems

Waste-water utilities across Canada say personal wipes are creating putrid sewage clogs that are costing Canadian ratepayers at least $250 million a year.

Sewage experts in Canada, the U.S. and beyond are cringing at efforts to sell the masses on the need to freshen their nether regions.

Manufacturers, meanwhile, say the wipes are getting the bum’s rush from waste-water officials and are perfectly safe to flush.

A clog made up of flushable wipes.
DAVE CHIDLEY/THE CANADIAN PRESS

Nonetheless, the Municipal Enforcement Sewer Use Group (MESUG), composed of 25 Canadian communities, wants a federal standard to ensure more honest labelling of the wipes and other products that they insist are not safe to send down the toilet.

Among them: supposedly flushable toilet-cleaning sponges, tampon applicators and even plush, multi-ply toilet paper.

While those products and personal wipes may swirl down the toilet with ease, experts say they don’t disintegrate, creating serious problems as they work their way through aging sewage systems on their way to treatment plants.

Some municipal officials believe that MESUG’s estimate of the $250 million annual cost is low and that wipes are poised to take a bigger toll.

THE CANADIAN PRESS

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Pest Control Product Uses report for City of Toronto Golf Courses

Community Meeting

City of Toronto staff will present its Annual Report on Class 9 pesticide use as required by Ontario Regulation 63/09 under the Pesticides Act. The Annual Report summarizes the use of Class 9 pesticides used in 2012 at the following City of Toronto Golf Courses:

- Dentonia Park GC, 781 Victoria Park Ave.
- Don Valley GC, 4200 Yonge St.
- Humber Valley GC, 40 Beattie Ave.
- Scarlett Woods GC, 1000 Jane St.
- Tam O’Shanter GC, 2481 Birchmount Rd.

Date: Thur., Nov. 28, 2013
Time: 5 to 7 p.m.
Location: Don Valley Golf Course, Clubhouse, 4200 Yonge St.

Interpretation services may be arranged with at least one week’s notice in advance of the meeting date.

For more information, please contact: Daniel Coote, Supervisor of Golf 416-392-2479 dcoote@toronto.ca

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Rumours of the death of cable TV have been greatly exaggerated

Cutting the cord, slowly. While cheap streaming services are on the rise, only 3.5% of Canadians have cancelled costly TV subscriptions since 2011

Watching television on the Internet is cheap and convenient, but so far only a small number of Canadians have cut the cord on traditional viewing as TV providers offer discount prices and spend more on programs to keep customers who pay bigger monthly bills.

The death of traditional TV watching has been overblown so far, say analysts who track viewing habits.

"The truth of the matter is the revolution hasn't come," said Brahm Eiley of the Convergence Consulting Group in Toronto.

It's slow moving, with about 400,000 TV subscribers — 3.5 per cent — out of 11.8 million who have cut the cord since 2011, Eiley said, adding cord cutting started after the arrival of online subscription service Netflix in late 2010.

Birth of 'cord nevers'

Eric Rosenquist, who has a blog called Adventures in Canadian Cord Cutting, said a real change will come in viewing with younger Canadians, calling them "cord nevers," an industry term used to describe those who don't bother getting a TV subscription at all.

"TV is not dead," Eiley said.

Canadians watch about 28 hours of TV a week and another three hours on the Internet, according to the Canadian Radio-television and Telecommunications Commission.

But the move to online viewing can't be ignored because it has a cost for TV providers. The average revenue that a TV customer generates is $65 monthly, compared to almost $45 for an Internet customer, Eiley said.

TV providers are fighting to keep every subscriber, and Bell's Fibe TV has been leading the way with aggressive promotions noted by competitors Rogers and Videotron, which have lost customers in the intensely competitive environment.

THE CANADIAN PRESS

Bedside manner 2.0

The doctor isn't in, but he can still see you now. RP-VITA robots enable physicians to have a different bedside presence as they "beam" themselves into hospitals to diagnose patients and offer medical advice during emergencies. A growing number of hospitals in the U.S. are using telepresence robots to expand access to medical specialists, especially in rural areas where there's a shortage of doctors.

RICH PEDRONCELLI/THE ASSOCIATED PRESS

Trend. Once eggs dry up, old hens are dumped

Backyard chicken enthusiasts find the fun of bringing a slice of farm life into the city stops when the hens become infertile. Hesitant to kill, pluck and eat a chicken, some people abandon the animal in a park or rural area.

As a result, more old hens are showing up at animal shelters, where workers increasingly respond to reports of abandoned poultry.

Urban chicken populations have been on the rise since the mid-2000s.

THE ASSOCIATED PRESS

Random biz fact of the day

3

At least half of all job seekers with smartphones or tablets spend 3 hours or more looking for jobs on those devices every week.

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 11

metronews.ca/temp

Financially unstable

'The bank won't lend you money'

Temporary work in Canada presents a number of uncertainties on the job, but one real-estate agent in Saskatoon said those uncertainties go beyond the office.

Agent Paul Chavady says banks aren't willing to provide mortgages to those working in temporary positions.

"The bank won't lend you money," he said. "They require a stable income where a worker is permanently employed and off probation."

While real-estate agents in Saskatoon don't usually deal with rental properties, he said he would have no problem renting a temporary worker an apartment, but said he would be hesitant about signing a long-term lease, as the financial situation of a temp is too fluid. **METRO IN SASKATOON**

GETTY IMAGES

Temp vs. Perm

16%

A recent Statistics Canada study showed that temp workers earn on average 16 per cent less than their permanent peers.

Temp Enters a Universe of Pain

It was a Quentin Tarantino standoff where everyone holds up a gun at everyone else, except there weren't guns, just words and emotions. The Danimal looked at Kyle and then at Sarah and hissed. "You cradle robber."

Sarah shot back, "What about you, Dan?" (Referring to moi.)

"I'm only here with Shannon to talk business."

"Yeah right, cowboy."

Danimal walked up closer and that's when Kyle slugged him in the gut — well, more like where your gut touches your rib cage. It sounded like a kettledrum and Danimal fell to the floor shouting astonishingly unprintable things at Kyle and Sarah, who up and left.

"What is wrong with that kid!" shouted Dan, "Oh my God, the pain!"

"Thanks for accusing me of spying," I said.

He coughed. "Shannon, take me to emergency. I think I'm going to die."

We went to his BMW where he curled into a ball in the passenger seat while I drove.

I said, "I really shouldn't be doing this. You're mean."

"Just take me to Crown Permanente."

"Oh. Going to the rich people's hospital are we?"

"Please drive."

We arrived and Danimal hobbled out of the seat and into Emerge, an oasis of calm with tastefully matched fabrics and gentle lighting. There was a copy of Modern Symphony magazine on the walnut-inlaid coffee table. We went to the desk where a supermodel was moonlighting as a nurse on duty.

Dan groaned, "I need an X-ray. Quick."

"Of course, sir. I'll need to take an imprint of a credit card. We accept all major cards."

The Danimal walked up closer and that's when Kyle slugged him in the gut — well, more like where your gut touches your rib cage.

Danimal looked in his pockets. "Oh jeez, it's in the pocket of the jacket that went out for dry-cleaning today. Just let me in. I'll bring it tomorrow. I'm totally insured."

I could see that our supermodel had been through this many a time. "I'm sorry sir, but without an imprint of a valid card with the correct credit limit, I'm afraid there's nothing further we can do."

"I—" He was speechless.

"Welcome to my world," I said. "Get back in the car. I'll take you to Saint Eustace."

"That's in the worst part of town."

"What's your point?"

So we drove off to Saint Eustace. "It's just a slug in the gut, Dan. How bad can it be?"

"He broke something. Or damaged my heart. I can tell. Oh my God, the pain!"

We pulled up to Saint Eustace, which resembled the battle-ravaged Vietnamese village remains in part three of Full Metal Jacket. A conga line of sick and wounded people stretched out the front door and into the street. One quick wardrobe change and you'd have Les Misérables.

"I can't go in there," Danimal said.

"It's either that or nothing. Want me to take you home?"

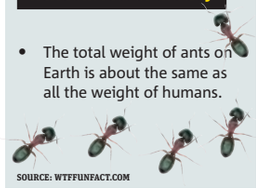
"No!"

"OK, then join the line."

TO BE CONTINUED...

Random fact of the day

- The total weight of ants on Earth is about the same as all the weight of humans.



SOURCE: WTFFUNFACT.COM

Random biz fact of the day

85%

Smile like you mean it — 85% of the decision to hire or promote an employee is based on the individual's attitude.

SOURCE: NEXCAREER

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PARTIES COULD PREVENT PROBLEMS

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

It's the question I've probably been asked the most over the last week: is there really no way for Toronto to get rid of Mayor Rob Ford?

And no, there's really, really not. Short of Queen's Park passing special legislation or Ford getting convicted and imprisoned, he gets to keep the job.

I know that seems hard to understand. The mayor's colourful track record would probably disqualify him from continued employment anywhere else, but somehow he gets to remain mayor of Canada's largest city. But them's the breaks — the law is the law.

And besides, it doesn't really matter.

Last week, Ford's council colleagues took steps to greatly curtail Ford's power.

Should they successfully win a vote to reduce his office budget, the mayor won't have too many remaining responsibilities beyond signing bobbleheads that vaguely look like him.

So the question we need to ask is less "how do we get rid of Ford?" and more "how do make sure nothing like this ever happens again?"

Some have suggested the solution is a recall process for municipal politicians, so voters can force bad seeds out early.

I'm not big on the idea.

Elected officials need to have latitude to make decisions that aren't going to be immediately popular. That gets harder if they start facing recall threats every time they make a tough decision.

Instead, I'm thinking maybe it's time to consider something more conventional: bringing political parties to city hall.

This is not something that I've always been in favour of, and I still have my reservations.

One of the best things about Toronto's politics — where parties are formally banned — when compared to Queen's Park or Ottawa is that elected officials can vote with their conscience. They're not explicitly tied to a party script.

But consider this: if Ford were head of a local political party, the pressure for him to step down right now would be even greater. Party members would be in active revolt, worried about the future of their brand.

More importantly, with a party system, there's good reason to think Ford never would have become mayor at all. Unless he ran as an independent, he'd have had to win a party nomination, and no major party would have been likely to take him — not with his metric ton of personal baggage.

Add that to the most common argument for bringing political parties to city hall — they already exist behind-the-scenes anyway and we just don't talk about them — and I'm finding it hard to think of big downsides.

With the Ford crisis making it clear that there are flaws in Toronto's governance model, maybe it is just time for city hall to get its party on.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

The terror of the monkey's mask

COURTESY PERTTU SAKSA

Monkeys forced to dance in public

Finnish photographer Perttu Saksa has explored Indonesia's chilling world of dancing monkeys — macaque monkeys clad in dolls' masks and children's clothes, trained to behave like humans and then sent out onto the streets to beg for money.

"They are sort of a mirror," says Saksa on how he highlighted the monkeys' weird, anthropomorphic quality.

"By making the monkeys the centre of my images, I focus on ideas of a more universal nature, like whether or not we should feel empathy towards them."

So for Saksa, the portraits are a barometer of gauging indifference towards others' suffering.

METRO

Photog's viewpoint

"They are animals, forced to behave like humans do. Of course all of them were very stressed, some of them were sick."

Perttu Saksa, artist/photographer, 35

Clamping down

- Last month, Jakarta authorities began clamping down on street monkey performances. The city government is buying back all monkeys used as street buskers and donating them to zoos.
- Jakarta Animal Aid Network says 350 animals work as street performers.

A hearty gesture

Pope promotes prayer like meds — crowd gets pillboxes of rosaries

Joking that he's like a pharmacist, Pope Francis is promoting prayer as medicine for the heart.

Appearing on Sunday at his studio window, Francis held up a rosary in a box designed to resemble a packet of pills, before volunteers distributed thousands of those boxes, which feature a design of a human heart.

Francis said he was recommending reciting the rosary prayer as a "spiritual medicine" that is "good for the heart."

Francis's down-to-earth way of speaking, in a style ordinary people can readily understand, is drawing larger-than-usual crowds to St. Peter's Square for his traditional weekly appearances. About 80,000 tourists and Romans packed the square on Sunday.

THE ASSOCIATED PRESS

A box, shaped like a pillbox, contains a rosary that was distributed at the end of Pope Francis's traditional Sunday appearance in St. Peter's Square.

GREGORIO BORGIA/THE ASSOCIATED PRESS

Twitter

@metropicks asked: Canada has been criticized for sending only $5M and 1 DART team for Philippines disaster relief. What do you think is the best way to help?

@jeffoulds: Alot better then China. $1.5 million

@matdey1980: ask the sport stars, they got money coming out if the wood works!

@jeangra68434593: Donate CASH to The Salvation Army and The Red Cross.Those on the ground know specifically what is most urgently needed & .where

@SmithMuranocity: give me the 5MM we do what we can not what they want

@commsghost: don't send AnyThing !!

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Ebooks

12 Years a Slave

By. Solomon Northup

iBooks for iPad/Mac

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

It takes an insidious plan to kidnap an intelligent, observant man like Solomon Northup, and harrowing brutality to keep him enslaved afterwards. No wonder a movie has been made of his determined escapes from strange cruelties and stranger men. This Bybliotech edition gives better care to its illustrations and makes the 160-year-old text easier to understand with audio narration.

Box office

Thor hammers competition

In an unlikely battle of sequels, Thor: The Dark World bested The Best Man Holiday at the box office. Disney's Thor: The Dark World continued its box-office reign with $38.5 million in its second week of release, according to studio estimates Sunday. Opening 15 years after the original The Best Man, Universal's The Best Man Holiday opened strongly with $30.6 million. **THE ASSOCIATED PRESS**

In 12 Years a Slave, Brad Pitt plays enlightened Canadian carpenter Samuel Bass, who in real life was from Ontario's Augusta Township. CONTRIBUTED

Catching Canada's Bass

12 Years A Slave. Descendants of the real-life Samuel Bass learn of their ancestor

A Canadian connection to the harrowing film 12 Years a Slave has the real-life descendants of one courageous character beaming with pride.

The unflinching big screen account of slavery in the Deep South — already considered a frontrunner for awards season glory — is based on the true story of Solomon Northup, a free black man lured from his home in Saratoga Springs, N.Y., in 1841 and sold into slavery.

Played in the film by Chiwetel Ejiofor, Northup ends up forced to toil on a series of punishing Louisiana plantations where he's stripped of his papers, freedom and even his name.

His torment ends only after a chance encounter with an enlightened Canadian carpenter, Samuel Bass, played by Brad Pitt, who agrees to help him contact friends who can vouch for his identity.

Pitt's character is based on a real-life figure from Ontario's Augusta Township, and 160 years later, his descendants say they are amazed to learn of their forefather's brave response to a man in need.

"The movie is about Solomon Northup, right? But we would never have heard of him, I guess, if he hadn't met my great great great great grandfather," says 50-year-old Kenora, Ont., resident Laurie Morris, whose mother is descended from Bass's second daughter Hannah. "For the Canadian side of things, it shows we're good people. I just imagine being down there and being the only Canadian with an opinion like that."

Morris and other descendants say they are only now discovering details about Bass, who left Canada sometime around 1840 and took on a series of carpentry jobs throughout the United States.

It turns out that other aspects of his life were not so honourable — census records show he left behind a wife, Catherine Lydia Lane, and four daughters: Catherine, Hannah, Martha Maria and Zeruah Bass, says Bonnie Gaylord of the Grenville County Historical Society in Prescott, Ont.

Morris' 75-year-old mother says that could be why she had never heard of Samuel Bass until 12 Years a Slave.

"He wasn't talked about in our family. I guess it was because he was never around," says Rae Moulton Todd of Prescott, located about 100 kilometres south of Ottawa, near the original Bass family farm.

"It is kind of exciting. And then I turn around and I think, 'He really was a big jerk.' He left his wife and four daughters here to be looked after by whoever."

THE CANADIAN PRESS

Bass' background

This past summer, historian and author David Fiske traced Bass to southern Ontario. He says he became curious about the man's background after doing some broader research on the book 12 Years a Slave for Fox Searchlight's marketing department in advance of the film's release. He found the link in Sue Eakin's 2007 enhanced version of Solomon Northup's 12 Years a Slave and Plantation Life in the Antebellum South, which included material from the diary of a lawyer Bass hired to draw up a will.

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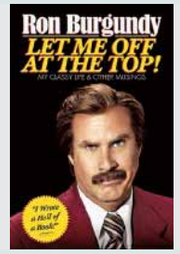
With winter's grip starting to tighten, there is no better way to spend a cold night then curled up in bed or in your favourite chair with a good book. Here are three suggestions to get you in the reading mood.

EMILY LAURENCE

Let Me Off At The Top! My Classy Life & Other Musings, by Ron Burgundy



You don't have to wait until the release of Anchorman: The Legend Continues to hear some of Ron Burgundy's wise words. The anchorman, played by Will Ferrell, is releasing a classy new book Tuesday and while it doesn't smell of rich mahogany, it includes plenty of personal anecdotes. From dispelling myths about his hair to his secret to musings about the women he's loved, Burgundy's short stories are personal and detailed. Sometimes too detailed.

Lady Catherine, the Earl, and the Real Downton Abbey, by The Countess of Carnarvon

Downton Abbey fans will devour this new true story, written by the Countess, whose first book inspired the show. After her last book spent nearly a year on the New York Times best seller list, the royal author is back with another page-turner full of royal scandal and affairs. In the book, a divorced Lady Catherine faces the heartache of war when her husband, ex-husband and son all join the military.

The Ministry of Guidance Invites You To Not Stay: An American Family In Iran, by Hooman Majd

Moving from Greenpoint, Brooklyn to Iran proves to be quite the culture shock in this true story, written by Iranian-American journalist Hooman Majd. Majd's wife is from the Midwest and doesn't blend in so easily — even when wearing a head scarf. The challenges they face range from trivial (hunting for booze) to serious (it's 2011 and US-Iran relations are not exactly friendly) and make this book as entertaining as it is heart-warming.

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Nebraska opens on Friday. CONTRIBUTED

Bob Odenkirk gets seriously funny

Nebraska. Comedian reunites with Will Forte for an Alexander Payne dramedy

MATT PRIGGE
Metro World News in New York

Along with David Cross, Bob Odenkirk is responsible for the sketch comedy landmark Mr. Show. But he's done plenty of drama — just the funny kind. His role as sleazy (but weirdly capable) lawyer Saul Goodman was one of the highlights of Breaking Bad. Nebraska reunites him with SNL favourite Will Forte, who he directed in The Brothers Solomon. But it's a serious comedy — a funny but moving study from Sideways's Alexander Payne of a family whose sons (Forte and Odenkirk) have to deal with an aging, stubborn, alcoholic father (Bruce Dern) who thinks he's won $1 million. (He hasn't.)

How did you get involved in a dramedy from a major filmmaker that reunites you with Will Forte?
I have auditioned for three of Alexander's films. I read for Sideways, and I read for About Schmidt, and I read for this. I love his work; I'm a huge fan. I felt very confident in playing Ross because I feel like I know him for a number of reasons — not the least because my father had an alcohol problem. My response to the whole experience was not unlike Ross's, which is anger and lack of forgiveness.

People make a big deal out of comics doing drama and vice versa. How do you feel about that?
I just look at the character and see if I can play him honestly — see if I can relate; see if I can understand where their energy comes from and what they're after. And that's all I concern myself with.

The good ol' college try

"A lot of us who are making art, we're crossing our fingers behind our back, going, 'Hope this works.'"
Bob Odenkirk

Is drama the same thing as comedy, generally speaking?
I probably have a harder time playing large on some of those sketch comedy stages that I perform on than I do playing smaller and internalizing. And by the way, Vince Gilligan gave me the role of Saul Goodman because of Mr. Show, not for anything else. I think there's probably a couple things on Mr. Show where you can see the kind of commitment and modulation that a dramatic performance needs to have.

Did you ask him which sketches inspired him casting you?
I didn't ask him. I never want to look too close in the gift horse's mouth. I'm just like, "Whatever you say, Vince. Thank you." Then I walk away. I don't want to ask why these lunatics give me these opportunities, but if they want to keep giving me wonderful chances, I'll take them.

Being a film director yourself, what is it like working with someone like Payne?
I keep saying how confident Alexander is. And that's something that's refreshing and that only makes you feel more secure and able to risk and try things. A lot of filmmakers and a lot of us making art, we're crossing our fingers behind our back, going, "Hope this works!" I think Alexander Payne is not crossing his fingers. He does the work in every side of his filmmaking. I heard he spent a year finding locations. He's done the hard work.

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Ben Affleck

Who's the best Batman, Ben? A gutsy five-year-old

Ben Affleck is getting ready to suit up as Batman for Batman vs. Superman, but he's smart enough to know when he's been bested. After the Make-a-Wish Foundation helped transform San Francisco into Gotham City Friday for the benefit of 5-year-old Miles Scott — who quickly became known as Batkid — Affleck took to Twitter to show his support. "Batkid. Best Batman ever," he posted.

Pop Goes the Week

Beckham's big Knight may change Posh's constant scowl

STARGAZING
Malene Arpe
scene@metronews.ca

David Beckham is in line for a knighthood. That explains why his wife, while writing "Lady" 756 times this week had a brief facial expression other than scowling.

A man nails his privates to the ground in the Red Square to protest Russia's devolution into a police state. In unrelated news, Steve-O has been reported missing from his Los Angeles home.

Reasons that Liongate's possible Hunger Games theme park is a really fantastic idea. 1) The Rollercoaster of Random Weapons and Disembowelment is super-fun. 2) Squirrel on a stick may be neither healthy nor delicious, but it sure is cruel. 3) If your kids go missing while at the park, you can find them at the Lost and Drowned.

Justin Bieber's new song contains the lyrics, "Ooh, you know females/ And how they like to run their mouths." The song continues, "I'm so sorry/ I didn't mean it / I'm too little for corporal punishment/ And my rhymes suck/ #respectyourmothers.

This week in tiresome millionaires: 1) Justin Timberlake complains about critics and says that sometimes he "just wants to bleeping kill everybody." 2) Olsen twin Mary-Kate says that people who don't like her and her sister — purveyors of $55,000 crocodile backpacks — have "an uneducated perspective." 3) Tom Cruise belatedly scoffs at his own statement that acting sometimes is as hard as fighting in Afghanistan.

Stevie Nicks will guest on American Horror Story. TOO MUCH HAPPINESS.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lady Gaga. ALL IMAGES GETTY

She may live fast but Gaga's not dying young

Lady Gaga is currently 27 years old, a fateful age for famous musicians, as that's the age at which Jim Morrison, Jimi Hendrix, Janis Joplin, Kurt Cobain and — most recently — Amy Winehouse, passed away. But Gaga insists she won't be joining the 27 Club. "I want to show people that I will last past 27 and I will last longer, and so will you," she says during an interview with New York radio station Z100. "I want to change this code in the atmosphere that in order to be remembered, I must die young. In order to be remembered as a legend, I must be dead first. This is unhealthy."

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Brad and Angelina have a Jolie good time at awards

Brad Pitt kissed Angelina Jolie after her grand entrance at the film academy's Governors Awards Saturday night having been kept apart for weeks by busy schedules. Jolie received the Jean Hersholt Humanitarian Award, while Steve Martin and Angela Lansbury were given honorary Academy Awards for their distinguished careers. "Receiving the Hersholt award makes me feel like I am on the right path but also reminds me I have more to do," Jolie told The Associated Press this past week. The actress-director is co-founder of the Prevent Sexual Violence Initiative and serves as special envoy for the United Nations High Commissioner for Refugees.

Twitter

@ParisHilton
Just had the most incredible deep tissue massage down at the spa. Feel so relaxed. Perfect way to cure my jetlag. Now time for a swim!

@rosemcgowan
I want a cheeseburger

@SarahKSilverman
Other than a couple primal screams I haven't spoken aloud in a good 36 hours

Alec Baldwin

Baldwin gives his side of war with paparazzi

Alec Baldwin has sought to make amends for reportedly using homophobic language during an altercation with a photographer, a controversy that resulted in the suspension of his MSNBC talk show. But as Baldwin asserts in a Huffington Post editorial, the real problem still hasn't been addressed. "I am concerned for my family," he writes. "In Bloomberg's New York, 40 or 50 paparazzi are allowed to block streets, inconvenience homeowners, workers and shoppers, and make life miserable for my neighbours. Photographers have tripped and fallen on babies in strollers on my block. They provoke me, daily, by getting dangerously close to me with their cameras as weapons, hoping I will react." And if the paparazzi situation can't be remedied, Baldwin is more than prepared to take his acting ball and go home. "If quitting the television business is necessary in order to bring safety and peace to my family, then that is an easy decision. This country's obsession with the private lives of famous people is tragic," he writes.

Bieber in the neighbours' bad books

After an eventful tour leg through South America, Justin Bieber was probably hoping to have some relaxing time at home without any more trouble during his break in Los Angeles. Good luck with that. The 19-year-old pop star's neighbours reportedly called the police multiple times early Saturday morning with noise complaints, resulting in two visits from the Los Angeles County Sheriff's office, according to TMZ.

Justin Bieber

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Travel tip

All-inclusive is the way to go

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Visiting an all-inclusive resort located on a hot sandy beach can be the perfect way for families to get fun, sun, and all-you-can-eat buffets designed to satisfy even the pickiest eater. Kids Clubs and a variety of activities for the whole family can keep everyone happy. But beyond the walls of the all-inclusive is likely a new country with history, culture, art, adventure, and cuisine to discover. Many resorts or vacation providers offer daily or overnight trips which leave from the resort and deliver an easy, hassle-free way to take advantage of the riches of the region. There is usually a selection of active adventure trips, visiting local villages or enjoying a cultural experience such as a museum or theatre.

Families can try local food, shop in markets for authentic goods, try unique physical challenges and contribute to the local economy while learning about the rich history. Transportation and accommodations are arranged for a hassle-free sojourn before returning back to the comfort and relaxation of the all-inclusive.

Exclusively online

- Parenting — it's like being a contestant on Let's Make a Deal. Find out why, and get a great cocktail recipe, at metronews.ca/voices. For the best-selling new mommy gift, pick up Reasons Mommy Drinks, by Lyranda Martin Evans and Fiona Stevenson, in bookstores now.

Temps in your family

A "now playing the role of..." voice-over is all it takes to swap actors out on daytime soaps. The newbies pick up right where their predecessors left off. Imagine if your family members could be subbed out for telegenic temps... Here are a few characters who would make excellent temporary relatives

MIKE DOJC/FOR METRO

Pet: Brian Griffin (Seth MacFarlane)

Harry S. Truman once advised getting a dog if you wanted a friend. Pooches offer loyal companionship and unconditional love. You may love them right back, but there's still always the hassle of cleaning up after them and taking them on walks. With Brian, there are no strings attached. He can totally take care of himself, so no poop scooping. Besides, he's a talking dog and incredibly smart. But make sure to lock up your liquor cabinet, as he has a nose for dry martinis.

Father: Robert Crawley (Hugh Bonneville)

A dapper well-bred gent, Robert may be a bit of a traditionalist, but at the same time he's always hip to the latest technologies, jumping at the chance to modernize Downton Abbey with electric chandeliers and telephone lines. Most importantly, he's an excellent dad who loves his daughters dearly. While he may initially disapprove when Sybil runs off with the chauffeur or Edith starts writing for the newspaper, he always comes around and eventually accepts decisions they make that further their happiness.

Mother: Rayna James (Connie Britton)

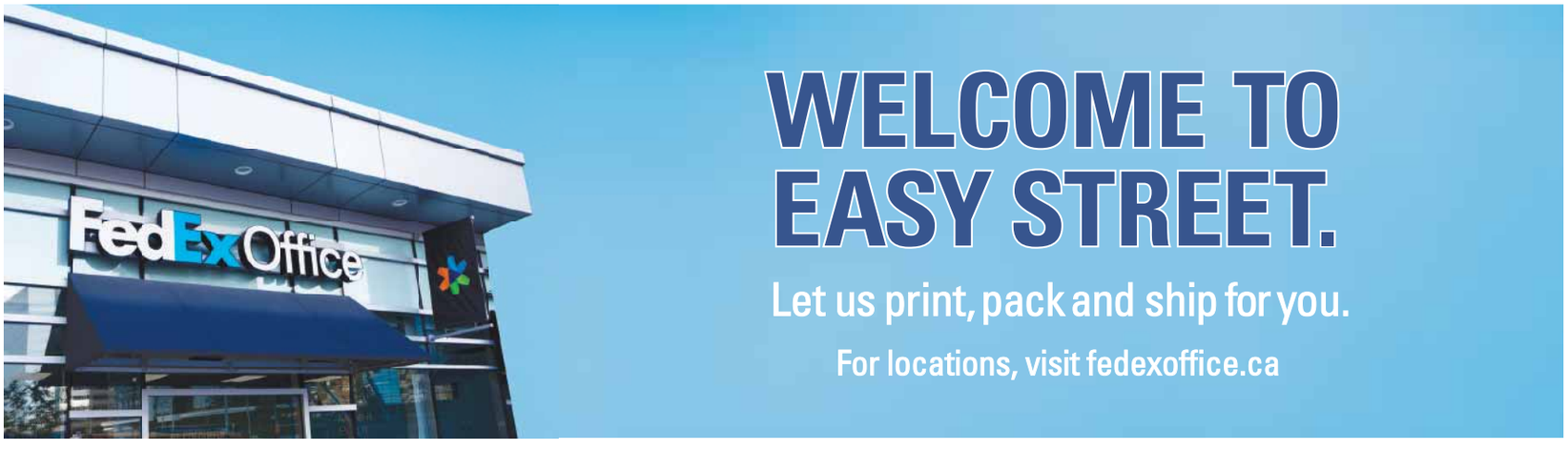
Nashville's Queen of Country — pretty much an amalgam of Reba McEntire, Faith Hill and Tami Taylor from Friday Night Lights — is sweet as tea. Despite decades atop the charts, this big-hearted star remains down to earth. How many other multi-platinum artists do their own grocery shopping? While her man situation can get complicated, she's always protective of her daughters. Her priority is shielding them from any drama. The only downside to having Rayna as a mom would be listening to your friends blather on about your yummy mummy.

Sister: Ann Perkins (Rashida Jones)

A great friend and confidante, Parks and Recreation's Ann Perkins is loyal almost to a fault, always putting the needs of others above her own. Above all, her most unique talent is fading into the woodwork while making other people shine. A top-notch straight woman, having her around will make your jokes seem way more hysterical. Also, considering how well she tolerates the oddball antics of Tom, Chris, Andy et al., you won't have to worry about any of your buddies creeping her out.

Wife: Jess Day (Zooey Deschanel)

The ultimate manic pixie dream girl, Jess is as bubbly as she is beautiful. The textbook definition of "adorkable," she constantly radiates sunshine while rocking Kewpie-doll-cute outfits. She's also loving, loyal and supportive to her circle of friends and is amazing with children. Besides, even Jess' borderline annoying habits of randomly bursting into song or channelling an '80s TV show for an impromptu impression are endearing 99 per cent of the time.



A SIMPLE WAY TO MAKE A DIFFERENCE

When thinking about the AIDS pandemic, it can be overwhelming. There are 35 million people living with HIV globally. Think about it. That's the equivalent of the entire population of Canada.

More than two-thirds of those living with HIV live in sub-Saharan Africa, where there are limited resources to fight the disease. The challenges faced by these communities cannot be underestimated. When people lose their health, they lose their ability to work, to take care of their families, and to be productive members of society. HIV/AIDS is not simply a global health challenge, it also has far-reaching economic implications.

But there is hope on the horizon. With the effective treatment, care and support that is now available, people are living longer, healthier lives. Communities that were once on the brink of devastation are beginning to prosper. Since 2001, new HIV infections have fallen by 33 per cent and by 52 per cent in children. For the first time, the possibility of an AIDS-free generation in our lifetime is real.

Arlene Dickinson

CHRISTOPHER WAHL PHOTO

The work of Canadian-based organizations Dignitas International and the Stephen Lewis Foundation in responding to AIDS in Africa is inspiring. These organizations, and the donors and volunteers behind them, are empowering communities to tackle the pandemic head on. The premise of the Give a Day campaign is simple — donate one day's pay so that the people most affected by HIV/AIDS can gain access to the support most needed. This includes front line medical care, education and counselling about HIV prevention, distribution of food and medications, home-based care, as well as research and advocacy to improve access to treatment and quality care for families and communities affected.

To celebrate World AIDS Day on Dec. 1, Canadians are encouraged to mobilize as globally minded citizens and donate a day's pay to the Give a Day campaign, in support of Dignitas International and the Stephen Lewis Foundation. Giving a Day can change the world for someone affected by HIV/AIDS. It's a simple way to make a powerful difference.

The 2013 Give a Day campaign champion is Arlene Dickinson, CEO of Venture Communications and YouInc.com.

To give a day, visit giveaday.ca.

DIGNITAS

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Vanilla-infused Fruity Crème Brûlée makes for light ending

Want a treat after a hearty dinner that isn't too heavy? This crème brûlée with its surprising fruit finish is the prefect choice.

1. Divide berries evenly in bottom of four, oven safe (4 oz/118 ml) ramekins.

2. Spoon 1/3 cup (75 ml) yogurt into each ramekin, over top of berries.

3. Sprinkle yogurt in each ramekin with 1 tbsp (15 ml) sugar.

This recipe serves four. JJ THOMPSON

Ingredients

- 6 tbsp (90 ml) fresh berries (such as raspberries, blueberries or sliced strawberries)
- 1 1/3 cups (325 ml) Yoplait Yopa! Greek Yogurt – Va-Va Vanilla Bean
- 4 tbsp (60 ml) granulated sugar or brown sugar, depending on method used for last step

4. Holding kitchen torch 3 to 4 inches (7.5 to 10 cm) away from yogurt, caramelize sugar by heating with torch about 2 minutes, moving flame continuously over sugar in circular motion until sugar is melted and light golden brown. If you don't have a kitchen torch, you can also use your broiler. The results will be slightly different though and it is recommended that you use brown sugar instead of granulated sugar. Preheat your broiler. Sprinkle each serving with 2 tsp (10 mL) brown sugar. Place ramekins on a baking sheet and place 4 inches (10 cm) from broiler and broil until sugar is melted. **COURTESY YOPLAIT CANADA**

Dessert. Grape Tart

1. Preheat oven to 375 F.

2. Line a 10-inch tart pan with pastry. Arrange grapes snugly in decorative rings in pastry.

3. In an electric mixer combine almond paste, egg, sugar, butter, flour, and salt until smooth to create frangipane.

4. Carefully spread over arranged grapes and bake for 35 minutes, until the tart is golden brown and cooked through. If using a convection oven, bake at 350 F for 30 minutes.

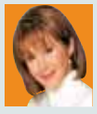
5. When tart is cool, remove from pan and dust with confectioners' sugar. **NEWS CANADA**

Ingredients

- 1 tart pastry, single crust for 10-inch tart
- 3 1/2 cups red or black seedless California grapes
- 2 oz almond paste
- 1 large egg
- 1/4 cup sugar
- 1/4 cup butter
- 2 tbsp flour
- Pinch salt
- Confectioners' sugar

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Who doesn't love street meat? When you're on the go, it's a great lunch solution — but the wrong choice will have you filling up on calories and fat.

Sausage on bun with fried onions, cheese sauce, peppers

887 calories/55 g fat
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Equivalent

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Is it loopy to keep cursive in class?

Put down your pencils. As cursive writing loses steam in schools across North America, experts way in on the pros and cons of a former classroom staple

Cursive writing is no longer being taught in many schools in the U.S. as some 45 states have adopted Common Core standards, which have eliminated the teaching of cursive writing. AL BEHRMAN / THE ASSOCIATED PRESS

The swirling lines from Linden Bateman's pen have been conscripted into a national fight to keep cursive writing in the classroom.

In years gone by, cursive helped distinguish the literate from the illiterate.

But now, in the digital age, people are increasingly communicating by computer and smartphone. No handwritten signature necessary.

Call it a sign of the times. When the new Common Core educational standards were crafted in the U.S., penmanship classes were dropped. But at least seven of the 45 states that adopted the standards are fighting to restore the cursive instruction.

The argument for cursive

Bateman, a 72-year-old state representative from Idaho, says cursive conveys intelligence and grace, engages creativity and builds brain cells.

"Modern research indicates that more areas of the human brain are engaged when children use cursive handwriting than when they keyboard," said Bateman, who handwrites 125 ornate letters each year. "We're not thinking this through. It's beyond belief to me that states have allowed cursive to slip from the standards."

Why was it dropped?

U.S. state leaders who developed the Common Core — a set of preferred K-12 course offerings for public schools — omitted cursive for a host of reasons, including an increasing need for children in a digital-heavy age to master computer keyboarding and evidence that even most adults use some hybrid of classic cursive and print in everyday life.

"If you just stop and think for a second about what are the sorts of skills that people are likely to be using in the future, it's much more likely that keyboarding will help students succeed in careers and in school than it is that cursive will," said Morgan Polikoff, an assistant professor of K-12 policy and leadership at the University of Southern California.

The movement to have cursive restored

U.S. states that adopted Common Core aren't precluded from deviating from the standards. But in the world of education, where classroom time is limited and performance stakes are high, optional offerings tend to get sidelined in favour of what's required.

That's why at least seven states — California, Idaho, Indiana, Kansas, Massachusetts, North Carolina and Utah — have moved to keep the cursive requirement. Legislation passed in North Carolina and elsewhere couples cursive with memorization of multiplication tables as twin "back to basics" mandates.

Cursive advocates cite recent brain science that indicates the fluid motion employed when writing script enhances hand-eye co-ordination and develops fine motor skills, in turn promoting reading, writing and cognition skills.

They further argue that scholars of the future will lose the ability to interpret valuable cultural resources — historical documents, ancestors' letters and journals, handwritten scholarship — if they can't read cursive. If they can't write it, how will they communicate from unwired settings like summer camp or the battlefield?

"The Constitution of the United States is written in cursive. Think about that," Bateman said.

What do the students and teachers think?

All the fuss seems a bit loopy to certain members of gens X, Y and Z — which have diverged increasingly from handwriting to computers.

The volume of first-class mail at the U.S. Postal Service fell in 2010 to its lowest level in a quarter-century, just as computer use — and the keyboarding it involves — was surging.

Some 95 per cent of teens use the Internet, and the percentage using smartphones to go online has grown from 23 per cent in 2011 to 37 per cent today, according to the Pew Research Center. A 2012 Pew report found the volume of text messages among teens rose from 50 a day on average in 2009 to 60 a day on average two years later.

THE ASSOCIATED PRESS

What are the implications?

Adults unable to write cursive might think back to the experiences of Jacob Lew when President Barack Obama nominated him as treasury secretary in 2013.

- As treasury secretary, Lew's signature would be on U.S. currency. But that signature looked more like a series of loops than the distinct letters in his name.
- "Jack assured me that he is going to work to make at least one letter legible in order not to debase our currency," the president joked at the time.

Not so fast!

"We're not thinking this through. It's beyond belief to me that states have allowed cursive to slip from the standards."

Linden Bateman
U.S. state representative, Idaho

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Individualized majors aren't for scholastic slackers

Hitting the custom-built books. Want to be the only person applying for bio-mimicry designs when you graduate? Go ahead and make your major

JULIA WEST
Metro World News

What would your desired degree say? ISTOCK

You could go to school for just about anything, within reason. Whatever your interests are, there's a school for that. But what happens when there isn't a major that teaches the specific studies you wish to learn? Dedicated students have found that sometimes, if what you want isn't being offered, you need to resort to a self-designed major. Beware, though — this track is not for everyone.

Before you start applying for an individualized major at your school, consider not only your goal, but your work ethic and your ability to organize and communicate these thoughts to faculty members.

"Do not think of the student-defined option as a way around the more difficult parts of existing majors," warns Joseph E. Devine, associate dean of Dietrich College of Humanities and Social Sciences at Carnegie Mellon University in Pittsburgh.

Colleges tend to require a rigorous application process.

Kevin Egan is the director of interdisciplinary inquiry at Drexel University in Philadelphia, and he believes that Drexel's lengthy application process makes some students reconsider self-designed majors. "I've seen an increase of students expressing interest in individualized majors — probably over 100 students," says Egan. "But quite a lot don't ever go through the application process, and I think it's because of the amount of work that's involved."

The payoff, however, is worth it. "Students who are a good fit for this program are the ones inspired by wanting to solve real world problems," explains Egan. "It can be something large, like sustainability, and they already have the right mindset because these problems aren't owned by one area of study." That's a notion that schools can agree upon. Paulette Hutchinson, the dean of Undergraduate College at Rosemont College in Philadelphia, agrees. "The purpose of an individualized major is to provide options to a student who is interested in something that does not fall within the parameters of a single discipline," she says.

Perks of picking

"Students in these programs achieve a much higher and more integrated understanding of the core ideas of their major, and how each constituent part fits in."

Joseph E. Devine
Of Carnegie Mellon University

'Round the world wisdom

The short end of the stick ain't so bad

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

Most people facing adversity feel as if they received the short end of the stick. "Poor me!" they tell themselves. A great deal of grit and determination are needed to overcome adversity, two aspects inaccessible to those feeling victimized.

The simplest way to eliminate such feelings is to put them in perspective. When witnessing real adversity, consciously lock it into memory and recall it as a standard with which to compare your own. In this context, you can turn your "mountain" of adversity into a "molehill."

Turn what seems like a mountain into a molehill with a little bit of perspective. ISTOCK

The Gobi race took place in a predominantly Muslim region of China, where the Chinese government was implementing an aggressive "integration" agenda overtly suppressing the local way of life. Five days after we crossed the finish line, a peaceful demonstration raising awareness for 300,000 individuals about to be forcibly removed out of their ancestral homes turned into a massacre: 57 dead protesters.

During the Atacama race, five earthquakes descended on Chile, with the first hitting the hardest only days before the race. Absolute devastation and 270 deaths resulted. During the Sahara race, at dinner one night after finishing at the great pyramids of Giza, we witnessed the fateful demonstration in Tahrir Square: 27 Coptic Christians were murdered in front of us while we fled for cover.

Life can be harsh, no question. Still, if you are riding the subway reading Metro, you can consider yourself privileged. Bad days come with regularity but keep things in perspective and count your blessings. Adversity carries a much smaller burden when we place it in its right context.

Can you contextualize your adversity?

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Are there undies in those packages? If you have to question whether a gift is acceptable, it most likely isn't. ISTOCK

Wrap it up right: Deck the office halls with appropriate gifts

Will you please the big cheese? With Christmas season coming sooner than your wallet would like to believe, it's time to gear up for giving to your co-workers

Office gifts can get complicated around the holidays. Questions like what should you buy, how much should you spend, and what is an appropriate gift come to mind. There is an etiquette that goes hand in hand with office gift-giving. These tips will help you stay in the good books with your boss and co-workers this year.

Company policies
Some organizations have HR policies around gift-giving and receiving. If you are new to a workplace, it's best to connect with your HR department or ask several colleagues that have been employed for a few years to see what typically occurs in the office around the holidays.

Personal gifts
Avoid gifts that are overly intimate. The list includes items that can enhance appearances, undergarments, flowers and perfume, to name a few. These types of gifts can be misunderstood by your colleague and place you in a bad position.

Spending
When buying a gift, it's important to not overspend. Not everyone can afford to purchase lavish gifts, and you do not want to make a colleague feel obligated to reciprocate. Determine a budget and stick to it. Remember, there are great gifts out there for $20 or less.

NEWS CANADA

Gift suggestions

Holiday themed gift baskets are nice and they don't have to be excessive

- Retailers carry varieties of products, along with mugs filled with sweets, coffee or tea.
- Other office gifting suggestions include Moleskin notebooks, gift cards, business card cases or a nice pen.

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2022 World Cup

Workers being exploited in Qatar, report alleges

An international human rights group has cataloged alleged human rights abuses in Qatar in connection to construction projects for the 2022 World Cup, and called on FIFA to ensure the exploitation of migrant workers ends.

In a report published Sunday, Amnesty International warned that migrant workers are exposed to dangerous working conditions, poor standards of accommodation and the non-payment of wages. THE ASSOCIATED PRESS

Formula One

Vettel's monopoly on checkered flags continues in Texas

Four-time world champion Sebastian Vettel set a Formula One single-season record with his eighth consecutive victory, winning the U.S. Grand Prix in Austin, Texas, with yet another dominating drive Sunday. THE ASSOCIATED PRESS

UFC 167

"I can't sleep at night now. I'm going crazy. I have issues. I need to relax. I need to get out for a while."

Georges St-Pierre, hinting at retirement at his post-fight news conference after winning a controversial, razor-thin split decision over Johny Hendricks to keep his welterweight championship on Saturday night at UFC 167 in Las Vegas.

Argos' Grey Cup reign ends in pain vs. Ticats

CFL. Receiver Owens says he didn't see Toronto's playoff loss coming

East Final

36	24
Tiger-Cats	Argonauts

Chad Owens lingered long on the steps leading into the Toronto Argonauts dressing room Sunday night, head down, gathering his thoughts.

This clearly wasn't the ending to the season the Argos receiver had envisioned.

"Will be very hard (to walk out of the locker-room)," Owens said, fighting back tears. "I'm still in my gear. I want another quarter. I'm not ready for the off-season, man."

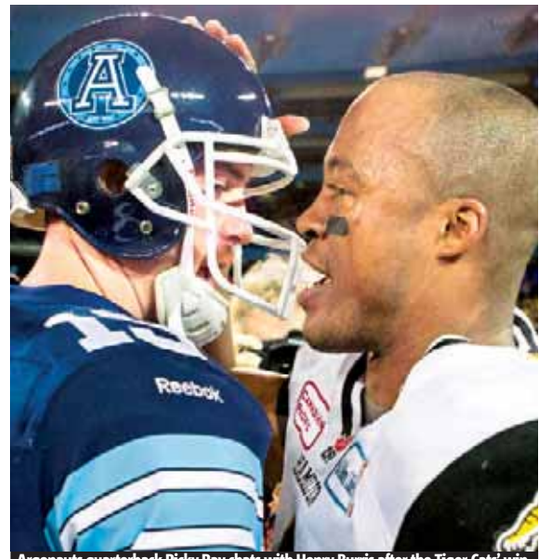
The 2012 Grey Cup champions dropped a 36-24 decision to the rival Hamilton Tiger-Cats, a game that started so well for the home team before a crowd of 35,418 at Rogers Centre.

Eleven-year veteran Ricky Ray was virtually unstoppable in leading the Argonauts to a 24-17 half-time lead, before the Ticats turned the tide in the second half.

On Toronto's final drive, Ray threw two high pass incompletions to Owens, and the Argos turned the ball over on downs.

"It's tough, it sucks, it breaks my heart. It breaks my heart," Owens said. "I thought we were going to get it done. We came up just that short."

Hamilton will face the Saskatchewan Roughriders in the Grey Cup game next Sunday in Regina after the Riders upset Calgary 35-13 in the West Division final. THE CANADIAN PRESS



Argonauts quarterback Ricky Ray chats with Henry Burris after the Tiger-Cats' win in the East Division final on Sunday at Rogers Centre. Burris outduelled Ray, throwing for 371 yards with three touchdown passes, in comparison to his Toronto counterpart's 329 yards with two scoring strikes. CHRIS YOUNG/THE CANADIAN PRESS

CFL. Boatmen go overboard after Ford's arrival at dome

Toronto Mayor Rob Ford mingles at Sunday's East Division final between the Argos and Hamilton Tiger-Cats at Rogers Centre. NATHAN DENETTE/THE CANADIAN PRESS

Toronto Mayor Rob Ford posed for dozens of pictures, walked arm in arm with drunken fans, and hoisted a tin-foil Grey Cup over his head.

Toronto's embattled mayor showed up at Rogers Centre on Sunday to watch his Argonauts lose the East final to the Ticats, ignoring a request from the CFL's commissioner that he stay away.

And after police and security personnel finally had the smiling mayor safely through a mob of fans and into his Cadillac SUV after the game, Ford rolled down his window and high-fived people as he was driven away.

The Argos were leading 24-17 when Ford arrived shortly after halftime, wearing his "Mayor Ford" Argos jersey. His arrival caused a commotion in Section 129, where he posed for pictures as people tried to get a better look at the mayor that has been making international headlines. THE CANADIAN PRESS

4 SPORTS

The Raptors' Rudy Gay goes to the basket against the Portland Trail Blazers' Nicolas Batum in Toronto on Sunday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Toronto's bad luck comes in threes in OT loss to Portland

NBA. Raptors can't close it out after fighting back in fourth to tie it up vs. red-hot Trail Blazers

Too many shooters who got too much space; too many defenders a step slow or a second late.

A recipe for disaster any way you cut it, and while the game turned entertaining and close, the Raptors' failings on Sunday afternoon were too great to overcome.

Scrambled defensively trying to find three-point shooters and get out on them, Toronto made a stirring fourth-quarter comeback before — you know it! — a couple of clutch three-pointers sunk them in a 118-110 overtime loss to the Portland Trail Blazers at the Air Canada Centre.

On Sunday

118	110
Trail Blazers	Raptors

Portland's Nicolas Batum, first from wide open in front of the Raptor bench and then equally open in the far corner, made the two dagger three-pointers in the five-minute overtime as the Raptors fell to 4-7 on the season.

"They're one of the few teams in the league that keeps three three-point shooters on the floor at all times," said Toronto coach Dwane Casey, likely in equal parts impressed and jealous of Portland's outstanding offence.

"We knew that going in, that they were going to stretch our defence … they just have too many shooters to close it out for 48 minutes."

Let alone 53.

A great fourth-quarter comeback — Toronto was down 11 with 2:42 to go before tying the game on a Rudy Gay drive at the buzzer — allowed the Raptors the faint hope of upsetting the 8-2 Blazers, who've now won six in a row and are second in the Western Conference. But as good and as impressive as that rally was, it was only necessary because Toronto couldn't guard the three-point line all day.

The Blazers made 15 of 32 threes, many of them wide open because Raptors defenders couldn't get out on shooters. TORSTAR NEWS SERVICE

Sochi 2014

WADA suspends Russian drug-testing lab

The International Olympic Committee has guaranteed the "integrity" of the drug-testing program at the Sochi Winter Olympics on Sunday after Russia's anti-doping laboratory was provisionally suspended and given a Dec. 1 deadline to improve the reliability of its results.

If the World Anti-Doping Agency-accredited Moscow lab doesn't follow the recommendations of a disciplinary committee, it won't be allowed to provide testing facilities for February's Winter Games in Sochi.

"The IOC is confident that all the necessary measures will be taken and the Sochi lab will be fully functioning ..." the IOC said after the lab was provisionally suspended for six months. "The integrity of the Games-time testing program will remain unaffected by these developments — indeed, it will be strengthened." THE ASSOCIATED PRESS

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Town Hall: Council Chambers
7:00 p.m. - 9:00 p.m.
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Buffalo's Scott pleads innocence, jabs at Phaneuf

NHL. Sabres enforcer questions Saturday penalties after scuffle with Leafs captain

Buffalo big man John Scott was on his best behaviour during the home-and-home series against the Leafs this weekend — for about 105 minutes. On Saturday, the gloves came off.

Scott and Leafs captain Dion Phaneuf engaged in a rumble and the Sabre took his post-game comments to another level.

"All of a sudden I'm not allowed to hit him anymore. He's Princess Phaneuf. It's a joke …" Scott said.

Scott was yanked to the ice from behind by Leafs winger Frazer McLaren while the scrum ensued around him. While he didn't do much, Scott was tagged with a double minor for roughing and a 10-minute misconduct, essentially ending his night. Phaneuf took a minor for cross-checking.

"I've got some (penalties) where I didn't do anything, and that definitely falls in that category. So I don't really know why I got 14 minutes. The ref obviously had reasons for it. So I guess I'll just have to live with it," Scott said.

The Leafs' Frazer McLaren grabs hold of the Sabres' John Scott.
CHRIS YOUNG/THE CANADIAN PRESS

The players glared at each other, but Scott said he didn't yap at Phaneuf.

"No, I didn't.... I didn't do anything wrong. I went for a hit, Phaneuf bailed. I get dragged down from behind and get 14 minutes. So I think there was more of a precaution. They didn't want anything to boil over," Scott said.

He was referring in part to the pre-season line brawl ignited by Scott going after Phil Kessel off a faceoff. That incident fuelled hype for the weekend set, though Scott had said he doubted the teams would seek revenge — adding that he did not want to be continually portrayed as a "meathead."

"It's getting a little old, but I understand it. I definitely have a reputation that comes with me. Obviously this year isn't helping. What are you going to do? I'm just going to keep doing my thing," Scott said after Saturday's game.

TORSTAR NEWS SERVICE

Fightin' words

"All of a sudden I'm not allowed to hit him anymore. He's Princess Phaneuf. It's a joke ..."

Buffalo's John Scott, on his lengthy penalties after a scuffle with the Leafs' captain.

AHL

Marlies win 2nd straight in shootout

Sam Carrick scored the winner in the 10th round of the shootout as the Toronto Marlies edged the Texas Stars 3-2 Sunday.

Korbinian Holzer and Jamie Devane scored in regulation for the Marlies (8-6-1), who have won back-to-back contests. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	20	14	6	0	64	50	28
Boston	19	12	6	1	53	36	25
Toronto	20	12	7	1	57	47	25
Detroit	21	9	5	7	54	60	25
Montreal	21	10	9	2	52	45	22
Ottawa	20	8	8	4	58	62	20
Florida	21	5	12	4	46	70	14
Buffalo	22	5	16	1	41	68	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Washington	21	12	8	1	69	59	25
Pittsburgh	20	12	8	0	56	47	24
NY Rangers	20	10	10	0	42	50	20
Carolina	20	8	8	4	39	55	20
New Jersey	20	7	8	5	42	49	19
NY Islanders	21	8	10	3	61	68	19
Columbus	20	7	10	3	52	57	17
Philadelphia	19	7	10	2	35	48	16

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	21	14	3	4	78	61	32
St. Louis	19	13	3	3	66	46	29
Colorado	19	14	5	0	59	41	28
Minnesota	20	12	4	4	53	43	28
Dallas	19	10	7	2	56	55	22
Winnipeg	21	10	9	2	56	59	22
Nashville	20	9	9	2	46	63	20

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	22	15	5	2	71	56	32
San Jose	21	13	3	5	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	21	14	6	1	58	46	29
Vancouver	21	11	7	3	55	56	25
Calgary	20	6	11	3	54	75	15
Edmonton	22	5	15	2	53	83	12

Note: Two points for a win, one point for overtime loss.

Sunday's results
Columbus 4 Ottawa 1
Washington 4 St. Louis 1
Los Angeles 1 NY Rangers 0
Chicago 5 San Jose 1
Dallas at Vancouver
Winnipeg at Minnesota
Saturday's results
NY Rangers 1 Montreal 0
NY Islanders 5 Detroit 4 (SO)
Toronto 4 Buffalo 2
New Jersey 4 Pittsburgh 1
St. Louis 4 Carolina 2
Phoenix 6 Tampa Bay 3
Nashville 7 Chicago 2
Florida 4 Colorado 1
Edmonton 4 Calgary 2
Monday's games — All Times Eastern
Boston at Carolina, 7 p.m.
Anaheim at Pittsburgh, 7:30 p.m.
Calgary at Winnipeg, 8 p.m.

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Houston 0 Kansas City 0
Leg 2 — Saturday, November 23
Houston at Kansas City, 7:30 p.m.

WESTERN CONFERENCE

REAL SALT LAKE VS PORTLAND

Leg 1 — Sunday, November 10
Real Salt Lake 4 Portland 2
Leg 2 — Sunday, November 24
Real Salt Lake at Portland, 9 p.m.

CFL PLAYOFFS

DIVISION FINALS

EAST DIVISION
Sunday's result
Hamilton 36 Toronto 24

WEST DIVISION
Sunday's result
Saskatchewan 35 Calgary 13

101ST GREY CUP

Sunday, Nov. 24 — All Times Eastern
Hamilton vs. Saskatchewan, 6 p.m.

DIVISION SEMIFINALS

Sunday, Nov. 10
Hamilton 19 Montreal 16 (OT)
Saskatchewan 29 B.C. 25

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	9	1	.900	—
Miami	7	3	.700	2
Chicago	5	3	.625	3
Philadelphia	5	6	.455	4½
Atlanta	6	4	.600	3
Charlotte	5	5	.500	4
Orlando	4	6	.400	5
Detroit	3	5	.375	5
Toronto	4	7	.364	5½
Boston	4	7	.364	5½
Cleveland	4	7	.364	5½
New York	3	6	.333	5½
Brooklyn	3	6	.333	5½
Washington	2	7	.222	6½
Milwaukee	2	7	.222	6½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	9	1	.900	—
Portland	8	2	.800	1
L.A. Clippers	7	3	.700	2
Golden State	7	3	.700	2
Oklahoma City	6	3	.667	2½
Houston	7	4	.636	2½
Minnesota	7	4	.636	2½
Dallas	6	4	.600	3
Phoenix	5	4	.556	3½
Memphis	5	5	.500	4
Denver	4	5	.444	4½
New Orleans	4	6	.400	5
L.A. Lakers	4	7	.364	5½
Sacramento	2	7	.222	6½
Utah	1	10	.091	8½

Sunday's results
Portland 118 Toronto 110
Memphis 97 Sacramento 86
Detroit at L.A. Lakers
Saturday's results
Dallas 108 Orlando 100
Cleveland 103 Washington 96
Miami 97 Charlotte 81
Atlanta 110 New York 90
New Orleans 135 Philadelphia 98
Minnesota 106 Boston 88
Houston 122 Denver 111
Chicago 110 Indiana 94
Oklahoma City 92 Milwaukee 79
L.A. Clippers 110 Brooklyn 103
Golden State 102 Utah 88
Monday's games — All Times Eastern
Portland at Brooklyn, 7:30 p.m.
Charlotte at Chicago, 8 p.m.
Denver at Oklahoma City, 8 p.m.
Philadelphia at Dallas, 8:30 p.m.
Golden State at Utah, 9 p.m.
Memphis at L.A. Clippers, 10:30 p.m.

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Horoscopes

♈ Aries
March 21 - April 20
From this week things can only get better. No, really! Keep telling yourself that your luck is on the turn and in a matter of days you will be seeing concrete evidence that it is.

♉ Taurus
April 21 - May 21
The lesson you need to learn this week is that not even a Taurus can do it all on their own.

♊ Gemini
May 22 - June 21
The more you give the more you get in return. That applies to all aspects of your existence but especially to partnerships of a personal nature.

♋ Cancer
June 22 - July 23
What can you do to make a loved one's life more enjoyable? You are well aware they have made sacrifices for you, now you must consider what they need from you in return.

♌ Leo
July 24 - Aug. 23
It may be frustrating that so many little things are going wrong but don't let it get to you. Come the end of the week a new phase will begin and suddenly it will all start going right for you again – the little things and the big things.

♍ Virgo
Aug. 24 - Sept. 23
You know you cannot escape from the consequences of your actions so don't waste time trying.

♎ Libra
Sept. 24 - Oct. 23
In every enterprise there comes a time when you have to choose whether to carry on and give it your all or admit that it no longer inspires you and call it a day.

♏ Scorpio
Oct. 24 - Nov. 22
An issue you have been avoiding has now to be faced. You have just four days to get your act together and resolve the situation – after that the matter will be taken out of your hands.

♐ Sagittarius
Nov. 23 - Dec. 21
A few days from now the Sun will enter your sign and a new cycle will begin. Before then you must tie up loose ends, be they personal or professional, that might hold you back.

♑ Capricorn
Dec. 22 - Jan. 20
Make the most of the Sun's final few days in the friendship area of your chart to have fun with people whose outlook and interests match your own.

♒ Aquarius
Jan. 21 - Feb. 19
You have a tendency to say what is on your mind, even when it might be wise to stay quiet, and someone in authority won't be amused by your honesty today.

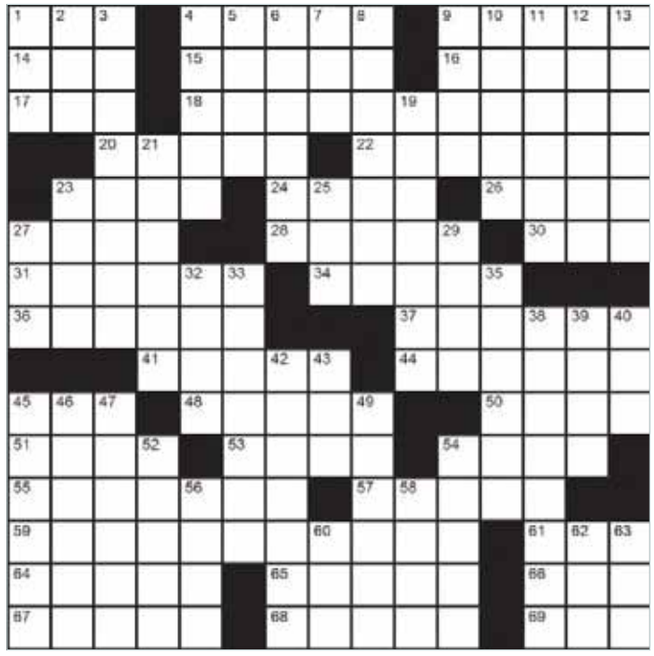
♓ Pisces
Feb. 20 - March 20
For some reason you have started to doubt a colleague's loyalty but what happens over the next few days will reassure you they are still on your side.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across
1. Cdn. place to buy stuff on TV
4. Actress Cheryl, and surnamesakes
9. Peru's past persons
14. Manfred Mann's "Do __ Diddy Diddy"
15. Towards-the-rear
16. Actor Peter O'Who?
17. Will Smith movie
18. Wilderness-subsisting show starring Canadian Les Stroud
20. __ Gritty Dirt Band
22. Some windows
23. Becomes soaken wet
24. Swag
26. Identical
27. Jimmy __ (Shoe designer)
28. Blackthorn fruits
30. Canada, HMCS ...The States, _ _ _
31. __ Nogait National Park, NWT
34. Good __ __
36. Trojan War advice-giver
37. Moviedom's Mr. Mulroney
41. Namesakes of Canadian musician Mr. Jurvanen, aka Bahamas
44. Fork over dough: 2 wds.
45. "You're it!" game
48. Tutu textile
50. Finales
51. Stare
53. Baseball great Willie
54. Coca-Cola guru Mr. Candler, and others (b.1851 - d.1929)
55. Blunders
57. Paris bridges
59. Terrain of trains and tracks: 2 wds.
61. Method
64. This planet
65. No, in slang
66. Farm female
67. Tees' predecessors
68. Patricia of movies, and others
69. Chem. ending

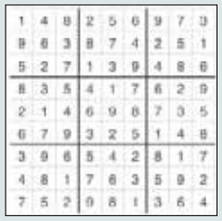
Down
1. Ex-airline
2. Mr. Mineo
3. Winds from The Rockies
4. Holds out
5. Adjoin
6. "Splash" (1984) star Ms. Hannah's
7. Old Rome's 605
8. Vehicles launched in 1959 by Canadian inventor Joseph-Armand Bombardier (b.1907 - d.1964)
9. "Ripley's Believe __ Not!": 2 wds.
10. Standards
11. Baie-__, Quebec
12. Startles
13. Has a gut instinct
19. What Tom Mulcair supporters do in elections: wd. + acr.
21. "_ __ Feeling" by The Black Eyed Peas
23. Elisabeth of "CSI: Crime Scene Investigation"
25. 'Motor' suffix
27. Type of package [abbr.]
29. Steve Winwood's "While You __ _ Chance"
32. Big sch. in Canada's largest city, _ __ _
33. "Lay It on the Line" Canadian band
35. Most sardonic
38. British Columbia range, __ Mountains
39. Lute-like instruments
40. "Private Dancer" singer's initials-sharers
42. Skin stuff
43. Tricky
45. Certain candy
46. Ancient shopping spots
47. Adhesive appliers
49. Spain, in Spanish
52. A-List
54. Tennis great Mr. Roddick's
56. "Icky-poo!" equivalents
58. Kind of agreement
60. Saskatoon's airport code
62. Have
63. Tiny

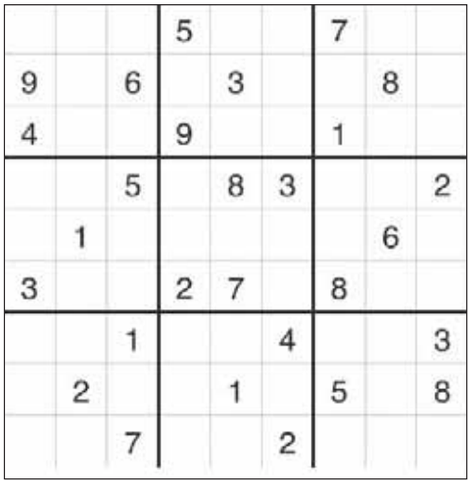
Friday's Crossword

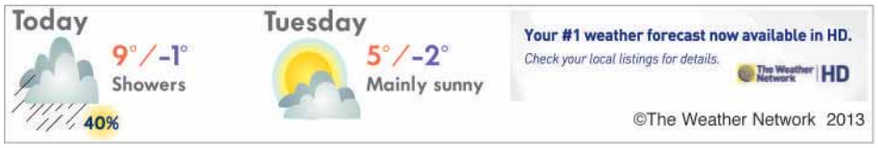
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku







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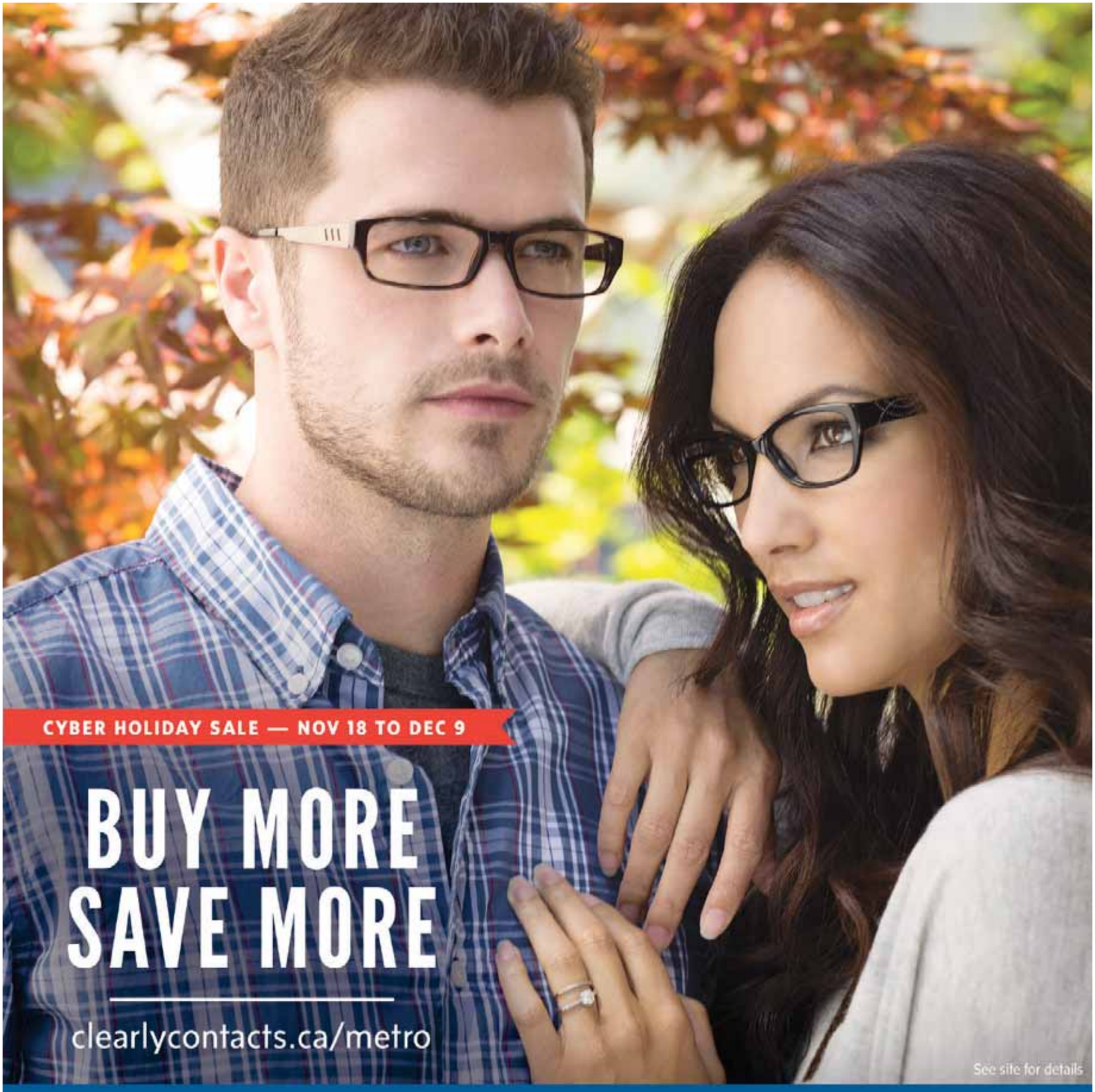

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